

WEIGHT MANAGEMENT READINESS TO CHANGE

What Stage Am I At?	STAGE OF CHANGE
	<p align="center">Pre-Contemplation</p> <p align="center">(not ready to change diet and physical activity behaviors to lose weight)</p>
	<p align="center">Contemplation</p> <p align="center">(thinking about changing diet and physical activity behaviors to lose weight)</p>
	<p align="center">Preparation</p> <p align="center">(getting ready to change diet and physical activity behaviors to lose weight)</p>
	<p align="center">Action</p> <p align="center">(Has started making changes to diet and physical activity behaviors to lose weight)</p>
	<p align="center">Maintenance</p> <p align="center">(Successfully maintained new behaviors for at least 6 months)</p>

How important is weight management to you right now?

0 1 2 3 4 5 6 7 8 9 10

Not at All

Very

How confident are you in your ability to change behaviors related to weight management?

0 1 2 3 4 5 6 7 8 9 10

Not at All

Very

The Basics of Weight Control



When you take in more calories than you use, you gain weight

You can manage your weight by keeping a balance between what you eat and drink and how active you are

To lose weight you need to:

- Eat and drink fewer calories
(decrease your intake)
- Become more physically active
(increase your output)
- For best results, **DO BOTH**

5 FOOD GROUPS

1. Grains



Cereals



Breads



Pastas

2. Vegetables



Salads



Potatoes



Carrots

3. Fruits



Apples



Bananas



100% Juices

4. Milk/Dairy



Milks



Yogurts



Cheeses

5. Meats/Proteins



Meat/Chicken



Fish



Eggs

Always remember to eat reasonable portions!

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Typical Diet

(Based on a typical food/fluid intake or 24-hour recall)

Remember to ask: When? How much? How often? What else you add to it?

Breakfast Meal

Breakfast Drink/Snack

Lunch Meal

Lunch Drink/Snack

Dinner Meal

Dinner Drink/Snack

My Meal Plan

<u>GRAINS</u>	<u>VEGETABLES</u>	<u>FRUITS</u>	<u>MILK/DAIRY</u>	<u>MEAT/PROTEIN</u>
 <p>Healthy Choices:</p> <ul style="list-style-type: none"> •Low Fat •No Added Sugars •Not Fried 	 <p>Healthy Choices:</p> <ul style="list-style-type: none"> •Variety •Not Fried •Low-Fat Dips & Dressings •Low-Fat Sauces 	 <p>Healthy Choices:</p> <ul style="list-style-type: none"> •Variety •Not Fried •No Added Sugars •No Added Syrups •Go Easy on 100% Juices 	 <p>Healthy Choices:</p> <ul style="list-style-type: none"> •Fat Free, Low Fat •Skim or 1% •No Added Sugars 	 <p>Healthy Choices:</p> <ul style="list-style-type: none"> •Lean, Extra Lean •No Skin •Not Fried •Fat-Free Gravies •Fat-Free Sauces •Limit egg yolks
<p><u>I Am Now Eating:</u></p> <p>__1.Variety __2.Healthy Choices</p>	<p><u>I Am Now Eating:</u></p> <p>__1.Variety __2.Healthy Choices</p>	<p><u>I Am Now Eating:</u></p> <p>__1.Variety __2.Healthy Choices</p>	<p><u>I Am Now Eating:</u></p> <p>__1.Variety __2.Healthy Choices</p>	<p><u>I Am Now Eating:</u></p> <p>__1.Variety __2.Healthy Choices</p>
<p><u>I will try:</u></p> <p>_____</p>	<p><u>I will try:</u></p> <p>_____</p>	<p><u>I will try:</u></p> <p>_____</p>	<p><u>I will try:</u></p> <p>_____</p>	<p><u>I will try:</u></p> <p>_____</p>

Typical Physical Activity

(Based on a typical week)

Remember to ask: What type of activity? When? How long? How often? Where?

Vigorous Activities

Moderate Activities

Light Activities

Muscle-Strengthening Activities

DIET AND EXERCISE GOAL SHEET

<u>SELF-MANAGEMENT TOPIC AREA</u>	<u>GOAL</u>
Diet/Nutrition	<p><u>Sample Goal :</u> To eat healthier foods and to lose weight</p> <p><u>My Goal:</u> To...</p> <p><u>Sample Goal :</u> To eat smaller portions and to lose weight</p> <p><u>My Goal:</u> To...</p>
Physical Activity	<p><u>Sample Goal:</u> To be more active and lose weight</p> <p><u>My Goal:</u> To....</p> <p><u>Sample Goal:</u> To get stronger and to lose weight</p> <p><u>My Goal:</u> To...</p>

Action Planning Worksheet: Making A Healthy Eating Action Plan

For Week: _____/_____/____ through _____/_____/____

MAKING A HEALTHY EATING ACTION PLAN

Start with your General Healthy Eating/Diet Goal:

Step 1: Make a Specific Healthy Eating Action Plan

WHAT: _____

HOW MUCH: _____

WHEN/HOW OFTEN: _____

Step 2: Make sure it is something you WANT TO DO

Step 3: Make sure it is something you CAN DO

ACTION PLAN: For this next week, I WILL:

On a scale of 0 to 10 (with 0 being not at all confident and 10 being totally confident), my confidence level for completing this action plan is:

To help you be successful, think about things that will help you be successful and things that might make it hard to be successful

Thing(s) that will help me be successful: _____

Thing(s) that might make it hard to be successful: _____

EXAMPLE Action Planning Worksheet (HEALTHY EATING)

For Week: _____/_____/____ through _____/_____/____

MAKING A HEALTHY EATING ACTION PLAN

Start with your General Healthy Eating/Diet Goal:

Lose weight and eat healthier foods

Step 1: Make a Specific Healthy Eating Action Plan

WHAT: Eat more fruits and vegetables

HOW MUCH: Eat at least 3 servings of fruits and vegetables

WHEN/HOW OFTEN: Eat at least 3 servings of fruits/vegetables every day this week

Step 2: Make sure it is something you WANT TO DO

Step 3: Make sure it is something you CAN DO

ACTION PLAN: For this next week, I WILL:

Eat 3 servings of fruits/vegetables every day this week

On a scale of 0 to 10 (with 0 being not at all confident and 10 being totally confident), my confidence level for completing this action plan is:

Final Rating: 8 very confident

To help you be successful, think about things that will help you be successful and things that might make it hard to be successful

Thing(s) that will help me be successful: buy more bananas and apples so I have them at home; buy salad at VA canteen instead of dessert.

Thing(s) that might make it hard to be successful: *hard to get to supermarket; don't like too many vegetables, etc.*



THREE TIPS TO MAKING GOOD ACTION PLANS:

1. **BE SPECIFIC: WHEN
WHAT
HOW MUCH**
2. **CHOOSE SOMETHING YOU WANT TO
DO**
3. **CHOOSE SOMETHING YOU CAN DO**



“Go To” ACTION PLANS & Solutions

HEALTHY EATING ACTION PLANS:

1. Eat a variety of foods. At least ?# of vegetables and/or ?# of fruits per day.
2. Drink ?# glasses of water per day.
3. Switch to diet soda.
4. Cut back to ?# sodas per day.
5. Use Mrs. Dash, pepper, lemon, fresh herbs or salt free dry herbs on my food
6. Use fat free dressing.
7. Not eating at least 2 hours before going to sleep or stop eating after 7 PM.
8. Eating slow put your fork down after each bite.

PHYSICAL ACTIVITY ACTION PLANS:

1. Walk for 15 minutes ?# of times.
2. Stretch ?# this week.
3. Take the stairs instead of the elevator.
4. Take the elevator up, but walk down the stairs.
5. Walk around the block ?# of times.
6. Park at the back of the parking lot so you have a longer distance to walk.
7. Walk in place while watching TV.

GENERAL SOLUTIONS:

1. Ask a friend/ family member for help to remind you.
2. Exercise with a friend/ family member.
3. Write yourself a note.
4. Hang up your goal sheet in a place where you'll see it (i.e. fridge, bedroom door, bathroom mirror).
5. Only bring enough money to buy ?# sodas/ bag of chips.
6. Carry a water bottle with you.

ACTION PLAN TRACKING SHEET

For week: ___/___/___ to ___/___/___

Action Plan	Success Rating	Problem(s) That Got/Get in The Way	Possible Solution(s) That Might Help
<p>I. Healthy Eating Action Plan</p> <p style="text-align: center;">I will....</p>	<p>Fully Successful</p> <p>Partially Successful</p> <p>Not at all Successful</p>		
<p>II. Physical Activity Action Plan</p> <p style="text-align: center;">I will.....</p>	<p>Fully Successful</p> <p>Partially Successful</p> <p>Not at all Successful</p>		

Action Planning Worksheet: Making A Physical Activity Action Plan

For Week: _____/_____/____ through _____/_____/____

MAKING A PHYSICAL ACTIVITY ACTION PLAN

Start with your General Physical Activity Goal:

Step 1: Make a Specific Physical Activity Action Plan

WHAT: _____

HOW MUCH: _____

WHEN/HOW OFTEN: _____

Step 2: Make sure it is something you WANT TO DO

Step 3: Make sure it is something you CAN DO

ACTION PLAN: For this next week, I WILL:

On a scale of 0 to 10 (with 0 being not at all confident and 10 being totally confident), my confidence level for completing this action plan is:

To help you be successful, think about things that will help you be successful and things that might make it hard to be successful

Thing(s) that will help me be successful: _____

Thing(s) that might make it hard to be successful: _____

Action Planning Worksheet: Making A Healthy Eating Action Plan

For Week: _____/_____/____ through _____/_____/____

MAKING A HEALTHY EATING ACTION PLAN

Start with your General Healthy Eating/Diet Goal:

Step 1: Make a Specific Healthy Eating Action Plan

WHAT: _____

HOW MUCH: _____

WHEN/HOW OFTEN: _____

Step 2: Make sure it is something you WANT TO DO

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ACTION PLAN: For this next week, I WILL:

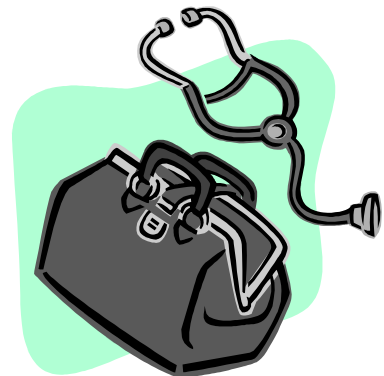
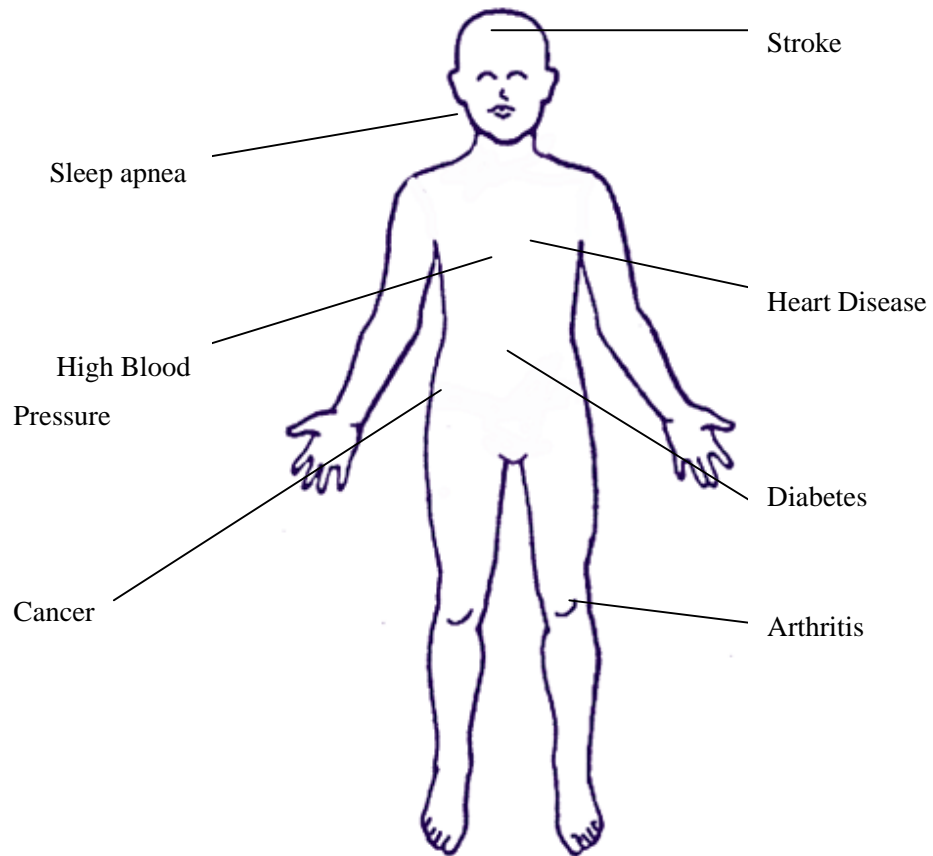
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To help you be successful, think about things that will help you be successful and things that might make it hard to be successful

Thing(s) that will help me be successful: _____

Thing(s) that might make it hard to be successful: _____

Obesity Related Health Risk



10 Health Gains from a 10% Weight Loss

10. Lowers the risk of developing gallstones and having gallbladder disease.

9. Lowers the risk of sleep apnea, a serious breathing difficulty during sleep.



8. Lowers the risk of congestive heart failure. Excess weight puts stress on the heart and lungs.

7. Reduces the risks of some types of cancer. A healthy weight and a healthy diet with plenty of vegetables, fruits, and whole grains are great ways to reduce your risk of developing certain cancers.

6. Puts less stress on your bones and joints, especially the knees.

5. Lowers the risks of heart disease, heart attacks, and stroke.

4. Reduces the risk of developing diabetes and helps control blood sugar levels if you are already diabetic.

3. Reduces blood pressure. Even a small weight loss can help to lower high blood pressure.

2. Improves your ability to move and do activities. Losing weight makes every step and breathe easier.

1. The # 1 reason to lose weight is: You will feel better!

Set a goal to lose 10% and Go For It!

The Basics of Weight Control

INTAKE

Calories from
Foods and
Beverages



OUTPUT

Calories
Used
During
Exercise

When you take in more calories than you use, you gain weight.

You can manage your weight by keeping a balance between what you eat and drink and how active you are.

To lose weight you need to:

- Eat and drink fewer calories
- Become more physically active
- For best results, **DO BOTH**

Serving Sizes

Use familiar objects to judge a single serving size.

½ cup cooked pasta
1 small baked potato

Computer mouse



1 small bagel

Hockey puck



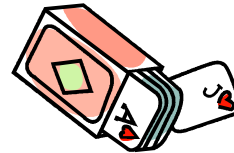
1 small (4-4 ½ inch) pancake

CD



2-3 ounces of meat, poultry
or fish

**Deck of cards or the palm
of your hand**



GET STARTED GETTING FIT!

F. I. T. – Frequency, Intensity, and Time

By following the F.I.T. idea to your exercise routine, you can be sure that you are working towards managing your weight and improving your health.

Frequency - How often you exercise



- Increase frequency slowly
- Build up to being active 3 to 5 days per week

Intensity - How hard you work during exercise



- | <u>Mild</u> | <u>Moderate</u> |
|--|---------------------|
| ○ Walking at a leisurely pace. | ○ A brisk walk |
| ○ Walking on flat ground. | ○ Walking on hills. |
| ○ Be active at a rate that allows for talking. | |
| ○ Slow down if you have trouble breathing or need to catch your breath | |

Time – How long you are active



- | <u>Mild</u> | <u>Moderate</u> |
|--|-------------------------------------|
| ○ Staying active for 10-15 minutes. | ○ Staying active for 30-45 minutes. |
| ○ Set a goal for the week based on total minutes of physical activity. | |

BEFORE ENGAGING IN ANY VIGOROUS PHYSICAL ACTIVITY, BE SURE TO SPEAK WITH YOUR DOCTOR!!

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| ○ Be active at a rate that allows for talking. | |
| ○ Slow down if you have trouble breathing or need to catch your breath | |

Time – How long you are active



- | <u>Mild</u> | <u>Moderate</u> |
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BEFORE ENGAGING IN ANY VIGOROUS PHYSICAL ACTIVITY, BE SURE TO SPEAK WITH YOUR DOCTOR!!

Exercise Can Be Fun!

There are lots of ways to be physically active without doing what you might consider a workout or exercise.

- Walk with another veteran after your **MOVE!** group.
- Get your family or friends involved in some physical activity like walking in a park.
- Walk to music.
- Try out a walking route.
- Walk around the mall and window shop or up and down the aisles at Target, Wal-Mart, or the grocery store.
- Wear your step counter and keep track of how much you walk.
- March in place during the commercials while you watch TV.



Water: Drink Up!



1. Benefits of Drinking Enough Water:

- Drinking enough water is necessary to stay healthy.
- Drinking enough water may help you fill full.

2. Here are some tips to help you drink enough water:

- Don't wait for thirst! When you feel thirsty, you have already lost water.
- Always keep a water bottle with you.
- Take water breaks throughout the day.
- Drink water with meals.
- If you like cold water, keep a water pitcher in the refrigerator for refills.

3. How much water do we need?

- The average adult needs about 8 to 12 cups of water each day.
- Heat and activity can increase your need for water.
- Drinking caffeine and alcohol can increase your need for water.

Remember:

Drink the right amount of water and pay attention to your thirst.

Drinking too little or too much water can be dangerous!

LIQUID CALORIES

Beverages can add hundreds of extra calories to your diet!



Soda



Sweet
Tea



Coffee with
Cream & Sugar



Beer



Cocktails

To lose weight, choose healthier, low calorie beverages!

Instead of These	Try Healthier
"High Calorie" Beverages	"Low Calorie" Beverages
<ul style="list-style-type: none"> ● Soda ● Sweet Tea ● Coffee with Sugar & Creamer ● High Fat Milk ● Fruit Punch ● Alcoholic drinks 	<ul style="list-style-type: none"> ● Water or Diet Soda ● Unsweetened Tea ● Coffee with Sugar Substitute & Skim or Fat Free Milk ● Skim or Fat Free Milk ● 100% Juice (diluted with Water) ● Water with Fresh Lemon

Caution!

- Alcoholic drinks such as beer, wine, liquor, and cocktails are very high in calories that may cause weight gain.

- Also, it is very dangerous for your health to mix alcohol with medications!

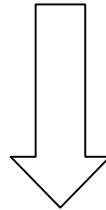
Health Risks of Drinking Too Much Soda

Soda has a lot of sugar which is bad for you!!!

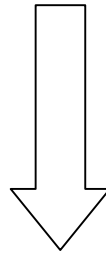


Soda

(High in Sugar)



Weight Gain and Obesity



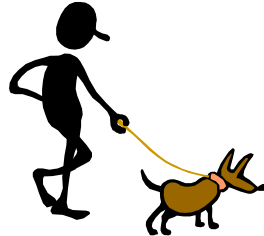
Diabetes

Heart Disease

Stroke

Tooth Damage

Walking



**Walking is a great way to be more physically active.
It's free, fun, and you can do it almost anywhere.**

Good reasons to walk:

- Walking burns calories, which can help you lose weight
- Walking is healthy for your heart, lungs, and muscles
- Walking helps refresh your mind, increase energy, and improve sleep
- Walking is a great activity for socializing with friends or family

Walking can be an excellent exercise goal!

How to Read a Food Label

Serving Size and Calories

Reading the label will help you to make smart food choices and get the most nutrition out of your calories in order to reach your goals!

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Serving Size We are used to saying portion or helping when we talk about how much we eat. Serving size is a more official or standard amount used for food labels. The nutrition facts given on a food label are based on the serving size.

Servings Per Container The number of servings in the package -Be sure to look at this. Small packages can seem like they should be one serving. Often, they contain more. Snack food items are a good example. If you eat the whole package, then you must multiply the nutrition

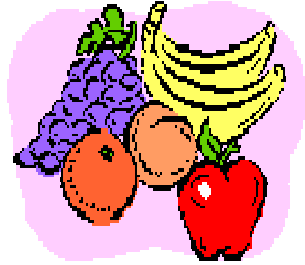
values by the number of servings in the package.

Calories Compare the number for Calories from Fat to Total Calories. You want your total fat calories to be no more than 1/3 of your total calories for the day.

Total Calories = Servings per Container X Calories per Serving

2 servings per container X 250 calories per serving = 500 calories

Healthier Snacking



Substitute Unhealthy Snacks

- Instead of chips or salty foods, eat vegetables
- Instead of soda, drink water or diet soda
- Instead of cookies or candy, eat fruit
- Other ideas?? _____

Limit Snacking

- Limit portion size by not eating out of the bag
- Cut down on number of snacks per day
- Distract yourself by doing something fun when you have the urge to snack
- Other ideas?? _____



Sample Stretches

Calf and hamstring stretch:

Stand a little away from a wall or other structure and lean on it with your head on your hands as shown. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in. Hold the stretch for 10-30 seconds. Do not bounce. Repeat 3-5 times. Now, stretch the other leg.



Ankle and Achilles tendon stretch:

Place your left foot against a wall, with your ankle flexed and toes up as shown. Move your body forward until you feel a mild stretch in the Achilles tendon area (see arrow on picture). Hold for 8-10 seconds. This also stretches the bottom of your foot and toes. Now, stretch the other foot.



Thigh stretch:

Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and move your left hip downward toward the right knee. This stretches your left inner thigh. Hold for 10-30 seconds. Repeat 3-5 times. Now, stretch the other thigh.



Alternate thigh muscles stretch:

Standing close to a wall or a chair, place one hand on the wall and with the other hand reach back and slowly pull your foot up to touch your buttocks. Hold for 10-30 seconds. Relax back to your starting position. Repeat 3-5 times. Now, stretch the other leg.



MOVE!



Sample Stretches

Lower back, hips, groin, and hamstring stretch:

Start in a standing position with feet about shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. **Keep your knees slightly bent.** Let your neck and arms relax. Go to the point where you feel a slight stretch in the back of your legs. Hold this stretch for 10-30 seconds. Slowly come back to a standing position with knees bent all of the time. Repeat 3-5 times.



Shoulder and neck stretch:

Raise the top of your shoulders toward your ears until you feel a slight tension in your neck and shoulders. Hold for 5 seconds. Then, relax your shoulders downwards.



Arm and side stretch:

From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 10-30 seconds. Repeat 3-5 times. Now, stretch the other side.



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MOVE!

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Common Barriers to Physical Activity



Exercise is important for weight management. Yet we all experience some Common Barriers to Physical Activity:

Common Barriers

1. I'm not sure how to exercise.
2. I don't feel motivated to exercise.
3. It's too hot/ cold outside.
4. I don't have the time.
5. I'm too stressed out.
6. _____

Possible Solutions

1. MOVE! team will show me how to exercise.
2. MOVE! Team will motivate me.
3. I can take a walk in the nearest mall or YMCA center.
4. I will adjust my daily schedule to make the time.
5. I will speak to my health care provider to help me relax.
6. _____

Remember some exercise is always better than none!

FRUITS and VEGETABLES



Benefits of eating fruits and vegetables:

1. Fruits and vegetables are great sources of
 - Vitamins and Minerals
 - Fiber
2. Eating fruits and vegetables help to reduce your risk of
 - Cancer
 - Heart Disease and Stroke
 - Diabetes and other diseases
3. Fruits and vegetables may help you to control your hunger and weight. Fruits and vegetables are good, low calorie snacks.

Different ways we eat fruits and vegetables:

- Fresh or Frozen
- Cooked/Baked (Do Not Fry!)
- Canned/Dried (Choose In Water, No Added Sugar/Syrup)
(Choose No Added Salt)
- 100% Juices (Choose Low Sodium Vegetable Juices)
(Choose No Added Sugar Fruit Juices)

Try to eat 5 fruits and/or vegetables each day!

Sodium (Salt)



Low Calorie and Low Fat ARE NOT always Low Sodium!

Some people are very sensitive to sodium. They may have a problem with sodium and high blood pressure. These individuals should be careful not to have too much sodium.

How can you control your sodium intake?

Food that is pre-packaged or processed (food that comes in cans, boxes, or packages) is higher in sodium. Try to buy foods lower sodium or that have “No Added Salt.”

Try to avoid adding salt while cooking and at the table.

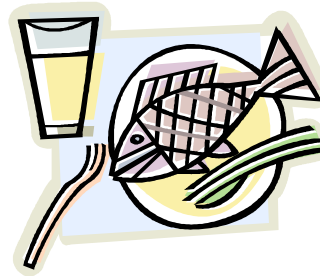
Season your food with herbs, spices, salt-free seasoning, vinegar, or lemon juice instead of salt.



GOOD FAT, BAD FAT

Some fats are healthy (like nuts, seeds, and salmon), but many are not (like bacon, mayonnaise, and deep fried foods).

Luckily, there are now healthy alternatives to many of the unhealthy favorites.



INSTEAD OF...

TRY...

Regular Cheese	Low-Fat or Fat-Free Cheese
Mayonnaise	Mustard or Fat-Free Mayo
Bacon or Fatback	Turkey Bacon
Hamburger	Turkey Burger
Regular Salad Dressing	Low-Fat or Fat-Free Dressing
Fried Chicken or Fried Fish	Baked Chicken or Baked Fish
French Fries	Baked Potato

How to Read a Food Label

Fat

Reading the label will help you to make smart food choices and get the most nutrition out of your calories in order to reach your goals!

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fat If the number of the grams (g) of Saturated Fat is close the number given for Total Fat, that food or beverage may not be the best choice. Remember that saturated fat and trans fat are bad fats.

Total fat should be below 65 g per day or 3 g per serving

What is the total g of fat in this container?

2 servings X 12 g per serving = 24 g of fat

Benefits of Regular Physical Activity

- **Gives you more energy**
- **Helps you sleep**
- **Helps control blood pressure**
- **Helps reduce stress**

- _____
- _____
- _____



Sample Menu and Alternative Food Choices

Sample Menu

	Unhealthy Menu	Healthy Menu (fill in)
Main Dish	Fried Chicken	
Vegetable Side Dish	None	
Starch Side Dish	French Fries	
Dessert	Apple Pie	
Beverage	Coke, Regular	

Alternative Healthier Food Choices

Main Dishes

Grilled Chicken
 Turkey Burger
 Baked Fish
 Vegetable Pizza

Vegetable Side Dishes

Green Salad
 Broccoli (steamed)
 Green Beans (boiled)
 Asparagus (steamed)

Starch Side Dishes

Baked Potato (small)
 Rice (brown, steamed)
 Bread (whole wheat)
 Pasta (whole wheat, boiled)

Desserts

Fresh Fruit
 Jell-O (sugar free)
 Angel Food Cake
 Frozen Yogurt (fat free, sugar free)

Beverages

Water
 Iced Tea (unsweetened)
 Milk (fat free or skim)
 100 % Juice
 (diluted with water, 1/3 juice & 2/3 water)

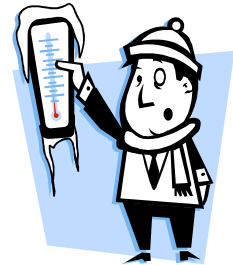
Guidelines for Extreme Weather

TOO HOT:



- Exercise indoors.
- Take frequent rests and water breaks.
- Exercise in the early morning or after the sun sets.
- Wear light, loose fitting clothing, in light colors.
- Use sunscreen, hats, and sunglasses.
- Drink water before, during, and after exercise.
- Don't overdo it.

TOO COLD:



- Dress in layers.
- Wear a hat or cap.
- Keep your feet warm with dry, clean socks.
- Wear gloves or mittens.
- Drink Up - Drink before you feel thirsty.
- Don't overdo it.

Safety Reminders

- If you can, go for a walk with a friend or acquaintance.
- If you are going out alone, try to let someone know that you are leaving and when you return.
- If it isn't safe to walk in your neighborhood, take a walk before or after your appointments when you are at the VA.
- Exercise in well lit areas.
- Try to exercise during the day.
- Be aware of your surroundings.
- Don't overdo it.

When to Stop Exercising

Physical activity is usually safe. Stop exercising right away if you have any of these symptoms:

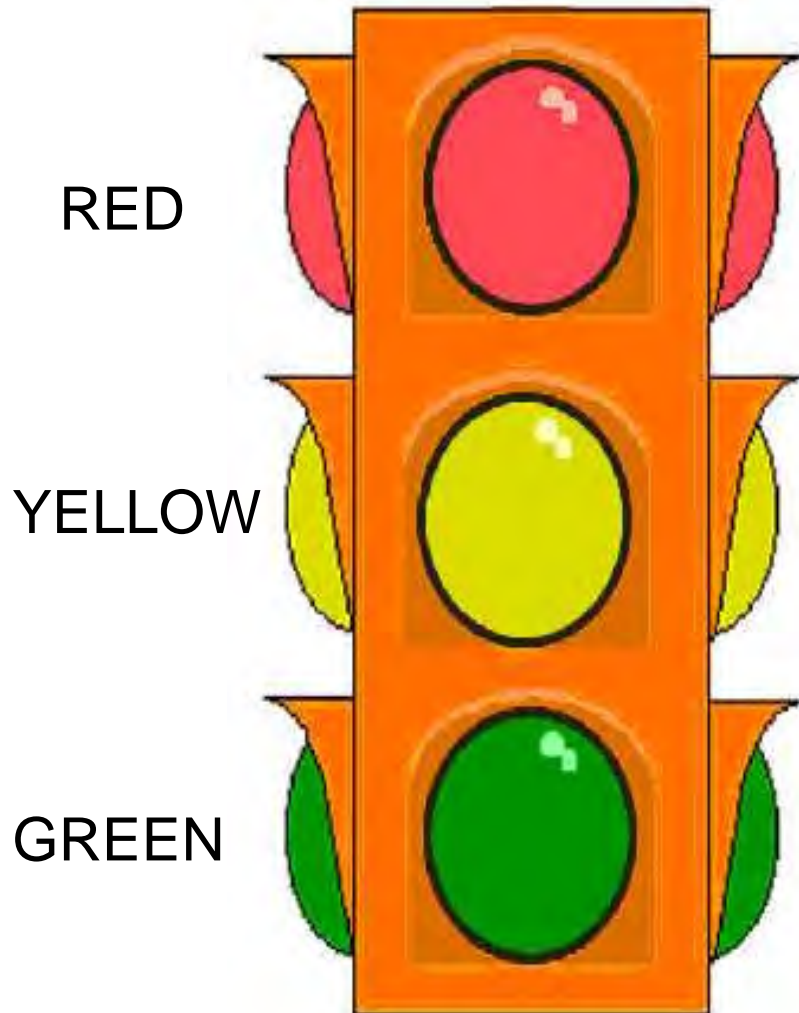
- Severe chest pain, tightness, pressure, or discomfort
- Severe shortness of breath
- Severe nausea or vomiting
- Sudden weakness or changes in feeling in your arms and/or legs
- Trouble swallowing, talking, or seeing
- Severe headache or dizziness

***If symptoms don't go away after a few minutes, call 911 or go to the nearest emergency room.**

***If the symptoms go away but return each time you exercise, see your primary care provider.**

“Stop” and Think About What You’re Eating!

For weight loss and health, some foods are better choices than others. Think of a stoplight when you’re trying to plan what you will eat each day.



= **High Calorie and Unhealthy Foods;**

Try to avoid as much as possible:

= **Maybe Healthy But Still High In Calories;**

OK to eat, but be sure to limit portion sizes:

= **Low Calorie and Healthy Too!**

Enjoy plenty of these foods at any time:

USING THE STOPLIGHT TO MAKE HEALTHIER FOOD AND BEVERAGE CHOICES

RED LIGHT FOODS AND BEVERAGES

- Remember these are HIGH in Calories and NOT HEALTHY
 - *THESE ARE FOODS YOU GENERALLY WANT TO AVOID*
- | | |
|--|---------------------------------------|
| • Doughnuts | • Fried Chicken |
| • Cake | • Hot Dogs |
| • Ice Cream | • Bacon |
| • Potato Chips | • Soda |
| • High Sugar Cereals (like Frosted Flakes) | • Milk Shakes |
| • Onion Rings | • Coffee with lots of Cream and Sugar |

YELLOW LIGHT FOODS AND BEVERAGES

- Remember, these may be Healthy but are still often HIGH in Calories
 - So if you do eat/drink them be sure to limit your portion sizes
- | | |
|-----------------------|----------------------------------|
| • Pasta | • Spinach Lasagna |
| • Eggs | • Full Fat Cheese |
| • Salad with Dressing | • Fruit Juice |
| • Rice | • Whole Milk or Reduced Fat Milk |

GREEN LIGHT FOODS AND BEVERAGES

- These foods and beverages are both Healthy and Low in Calories
 - So you can enjoy as much as you like!
- | | |
|---|---------------------------------|
| • Whole Wheat Bread | • Baked Skinless Chicken Breast |
| • Low-Fat/Low Sugar Cereal | • Grilled Fish |
| • Apples and Bananas | • Water |
| • Frozen and Fresh Vegetables (without sauces or dressings) | • Skim Milk |

Warm-Up and Cool-Down



Why Is It Important To Warm-Up and Cool-Down

- Warming-up and cooling-down prepare your muscles and heart for exercise and help them recover afterward
- Helps prevent injury and muscle soreness

What Are Some Ways To Warm-Up and Cool-Down

- Stretching
- Starting out whatever you're doing at a slow pace and always end by slowing down before you stop

Sample Stretches

Calf and hamstring stretch:

Stand a little away from a wall or other structure and lean on it with your head on your hands as shown. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in. Hold the stretch for 10-30 seconds. Do not bounce. Repeat 3-5 times. Now, stretch the other leg.



Ankle and Achilles tendon stretch:

Place your left foot against a wall, with your ankle flexed and toes up as shown. Move your body forward until you feel a mild stretch in the Achilles tendon area (see arrow on picture). Hold for 8-10 seconds. This also stretches the bottom of your foot and toes. Now, stretch the other foot.



Thigh stretch:

Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and move your left hip downward toward the right knee. This stretches your left inner thigh. Hold for 10-30 seconds. Repeat 3-5 times. Now, stretch the other thigh.



Alternate thigh muscles stretch:

Standing close to a wall or a chair, place one hand on the wall and with the other hand reach back and slowly pull your foot up to touch your buttocks. Hold for 10-30 seconds. Relax back to your starting position. Repeat 3-5 times. Now, stretch the other leg.



MOVE!

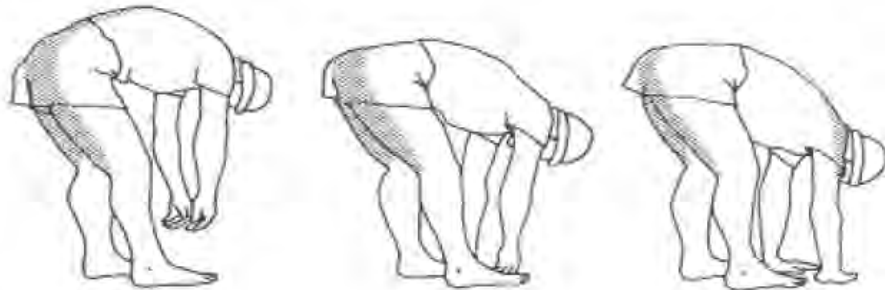
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Sample Stretches

Lower back, hips, groin, and hamstring stretch:

Start in a standing position with feet about shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. **Keep your knees slightly bent.** Let your neck and arms relax. Go to the point where you feel a slight stretch in the back of your legs. Hold this stretch for 10-30 seconds. Slowly come back to a standing position with knees bent all of the time. Repeat 3-5 times.



Shoulder and neck stretch:

Raise the top of your shoulders toward your ears until you feel a slight tension in your neck and shoulders. Hold for 5 seconds. Then, relax your shoulders downwards.



Arm and side stretch:

From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 10-30 seconds. Repeat 3-5 times. Now, stretch the other side.



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GRAINS



Grains are an important source of carbohydrates in your diets.

Most of your daily calories should come from grains.

Choose more whole grains.

What are whole grains?

- 100% whole wheat bread
- Oats
- Brown rice

Benefits of whole grains:

- High in fiber
- Rich in vitamins & minerals
- Keeps you full for longer

TIP: Choose grains and grain products with the least amount of added sugar and fat to keep your calories low!

Instead of:	Try:
<ul style="list-style-type: none">• White rice• Fried rice• Grits• White bread• Croissant	<ul style="list-style-type: none">• Brown rice• Steamed rice• Oatmeal• 100% whole wheat bread• English muffin

Exercise on a Budget

Sometimes cost can be a barrier to being more physically active. There are lots of activities that involve little or no cost.



- Walking is free.
- Churches and community centers often have free events.
- Build strength using household items for weights (canned foods, small bottles of water, etc.).
- Simple stretches can improve flexibility and range of motion.
- Find a local trail.
- Buy a bicycle from a second-hand shop or at a yard sale.
- Try a new sport that doesn't require expensive equipment.
- Look at Senior Centers, the YMCA, and local recreational centers for free or reduced cost activities.
- Physical activities that you build into your daily routine like taking the stairs or parking farther away and walking are free!

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insert walking map

insert walking map

Fast Food Calorie Chart

Calorie Needs Per Day

<u>Age</u>	<u>Females</u>	<u>Males</u>
14–18	1800	2200
19–30	2000	2400
31–50	1800	2200
51+	1600	2000

Only 65 grams of fat are needed each day!!!

<u>Main Dish</u>	<u>Calories / Fat</u>	<u>Side Dish</u>	<u>Calories / Fat</u>
Whopper with cheese	800 / 49g	French Fries small	210 / 10g
Chicken Sandwich (fried)	560 / 28g	medium	450 / 22g
Fried Chicken Breast	470 / 28g	large	540 / 26g
Pepperoni Pizza (2 slices)	535 / 24g	Baked Potato (loaded)	590 / 34g
Taco Salad	790 / 42g	Mashed Potatoes with gravy	120 / 5g
7 Layer Burrito	520 / 22g	Caesar Salad	290 / 23g
Croissant with sausage, egg, cheese	470 / 32g	Cole slaw	190 / 11g
Egg McMuffin	281 / 13g	Hash browns	138 / 7g

<u>Drinks</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Super Size</u>
Regular Soda	150 / 0g	210 / 0g	310 / 0g	410 / 0g
Diet Soda	0 / 0g	0 / 0g	0 / 0g	0 / 0g
Sweetened Tea	176 / 0g	210 / 0g	320 / 0g	420 / 0g

Fast Food Sample Menus

	Regular	Cal/Fat	Healthier	Cal/Fat
Main Dish				
Side Dish				
Drink				
TOTAL				

		Regular	Cal/Fat	Healthier	Cal/Fat
Main Dish					
Side Dish					
Drink					
TOTAL					

Tips for Ordering

- Leave off the cheese
- Choose diet or unsweetened drinks
- Choose fat-free dressing or no dressing
- Choose baked or grilled instead of fried
- Don't super-size
- Hold the mayo
- Look for fruits and vegetables as sides

Healthier Fast Food Choices

<u>Main Dish - Regular</u>	<u>Calories / Fat</u>	<u>Main Dish - Healthier</u>	<u>Calories / Fat</u>	<u>Fewer Calories / Fat</u>
Whopper with cheese	800 / 49g	Whopper no cheese, no mayo	540 / 24g	260 / 25g
Chicken Sandwich - fried	560 / 28g	Chicken Sandwich - grilled	410 / 17g	150 / 11g
Chicken Breast - Fried	470 / 28g	Chicken Breast - roasted	250 / 10g	220 / 18g
Pizza - Pepperoni (2 slices)	535 / 24g	Pizza - Cheese (2 slices)	375 / 11g	160 / 13g
Taco Salad	790 / 42g	Taco Salad – No shell	420 / 21g	370 / 21g
7 Layer Burrito	520 / 22g	Bean Burrito	370 / 12g	150 / 10g
Croissant with sausage, egg, cheese	470 / 32g	Croissant with egg, cheese – no sausage	300 / 17g	170 / 6g
Egg McMuffin	281 / 13g	McMuffin with butter & jelly	234 / 4g	47 / 9g

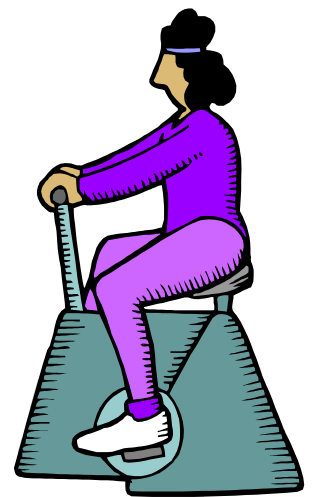
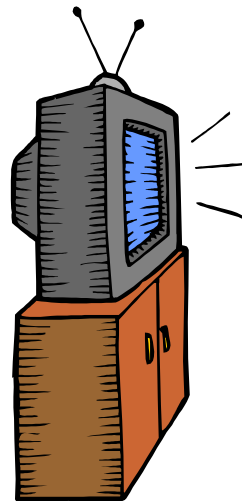
<u>Side Dish- Regular</u>		<u>Calories / Fat</u>	<u>Side Dish- Healthier</u>	<u>Calories / Fat</u>	<u>Fewer Calories / Fat</u>
French Fries	small	210 / 10g			
	medium	450 / 22g	Baked Potato - plain	310 / 0g	140 / 22g
	large	540 / 26g	Baked Potato - plain	310 / 0g	230 / 26g
Baked Potato (loaded)		590 / 34g	Baked Potato - plain	310 / 0g	280 / 34g
Mashed Potatoes with gravy		120 / 5g	Mashed Potatoes - no gravy	100 / 4g	20 / 1g
Caesar Salad		290 / 23g	Caesar Salad – no dressing	70 / 4g	220 / 19g
Cole slaw		190 / 11g	Green Beans	45 / 2g	145 / 9g
Hash browns		138 / 7g	Fruit cup	47 / 0g	91 / 7g

<u>Drinks- Regular</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Super Size</u>
Regular Soda	150 / 0g	210 / 0g	310 / 0g	410 / 0g
Sweetened Tea	176 / 0g	210 / 0g	320 / 0g	420 / 0g

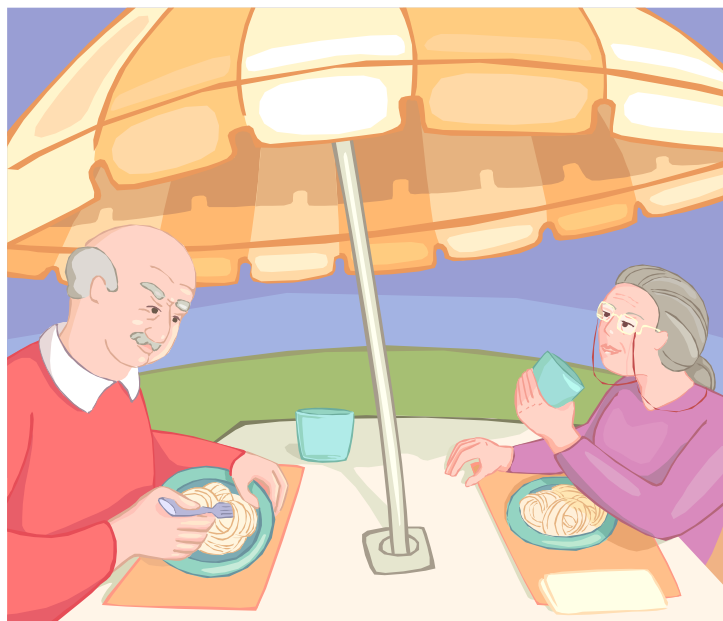
<u>Drinks- Healthier</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Super Size</u>
Water	0 / 0g	0 / 0g	0 / 0g	0 / 0g
Diet Soda	0 / 0g	0 / 0g	0 / 0g	0 / 0g
Unsweetened Tea	0 / 0g	0 / 0g	0 / 0g	0 / 0g

Ways to Fit Physical Activity Into Your Day

- **Break up exercise into short segments throughout the day. 5 minutes here, 10 minutes there...it all adds up.**
- **Take a walk during lunchtime.**
- **Take your dog for a walk.**
- **Take the stairs instead of the elevator.**
- **Do exercises while watching TV.**
- **Do some housework or gardening.**
- **Dance!**



- When eating out choose food that is low in calories and fat.
- When eating out get the smallest size.
- Fill your salt shaker with another spice to lower your sodium intake.



Tempted? Control Yourself!

Sometimes, we need help dealing with temptations and impulses to eat.

You CAN learn to control your urges to overeat.

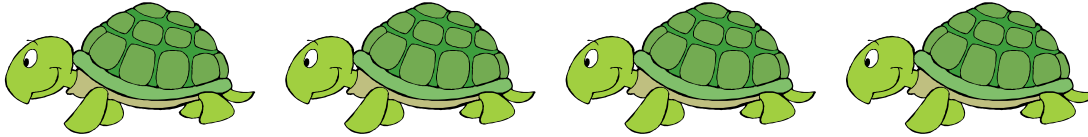
Here are some suggestions:



- Say **STOP!!!** Either aloud or silently to yourself. Then take 5 slow deep breaths and immediately find something else to do
- Put something in your mouth like gum, a Tic-Tac mint, toothpick straw etc.
- Do some exercise---make yourself move!
- Take a **BIG** drink or water or diet soda or some other calorie-free beverage
- **LEAVE!**—just get away from the situation
- Think about the benefits of losing weight
- Pop yourself on the wrist with a rubber band. Gives you something else to think about!



Slow Down You Eat Too Fast!



Eating too fast is almost always a problem for overweight people. Feeling full takes time, and so should eating.

Here are some tips:

- **Slow down. When you eat more slowly you will feel more satisfied with smaller portions and eat less**
- **Before eating, mentally tell yourself to eat slowly and to taste and enjoy every bite.**
- **Put your fork, knife and spoon down in-between every bite**
- **Chew, Chew, Chew.....Try to chew each bite several times before swallowing and take a brief break between bites.**
- **Learn to recognize what it feels like to be full. As you start feeling full, stop eating and save what is left for the next meal. Try stopping $\frac{1}{2}$ way through your meal and asking yourself: “How hungry am I now, am I less hungry than when I started, am I feeling full?” Let your answers guide you to how much more you need to eat.**
- **Avoid taking second helpings. At the very least wait 5 minutes and check to see if you’re really still hungry.**

So..., You're Thinking About It!

You have indicated that you are considering trying to lose weight in the near future. Great! This is a step in the right direction. Perhaps you are thinking about making this effort because you realize that your weight:

- Is affecting your health.
- Is getting in the way of things you want to do.
- Is getting in the way of the person you want to be.
- Is getting in the way of how you want to feel about yourself.



You may not have made up your mind yet. That's OK. Move forward only when you feel ready. To help you make this decision, it is a good idea to seriously **examine the plusses and the minuses** of making changes to lose weight. It really does help to **actually write them down**. Then you can look at the good and the not-so-good parts of making changes to lose weight. Use this sheet to write down your plusses and minuses.

Plusses for Making Changes to Lose Weight

- 1.
- 2.
- 3.
- 4.
- 5.

Minuses for Making Changes to Lose Weight

- 1.
- 2.
- 3.
- 4.
- 5.

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Involving Others in Your Weight Control Program

One of the most powerful things you can do to help with your weight management efforts is to get support and encouragement from other people. When others give you lots of encouragement, it makes you feel like you can do anything!! It's really motivating!

Here are some tips for making that happen:

- ASK others for encouragement in your weight control efforts. Ask key people who you know will be positive and supportive.
- Share your concerns and struggles with your key supporters.
- Tell your key supporters what they can do to help. Be specific. For example "Ask me how I am doing, and then listen", or "Please don't offer me junk food".
- Let them know that their support is extremely meaningful to you and that you need their encouragement for the long run.
- Even if a support person fails to ask how you are doing, go ahead and tell them! This starts the conversation and provides the opportunity to get some encouragement.
- Give back in return. Reward your support people with your attention and your support for them.



Quitting Smoking Is A Healthy Choice

You indicated that you smoke or that you are in the process of quitting smoking.

If you quit smoking...

- You will lower your risk for many serious diseases.
- You will soon find that you can walk farther or play harder without becoming short of breath.
- You will have extra spending money. Put the money you would have spent on cigarettes in a jar and save up to buy something nice.
- Your sense of taste will improve.
- Your sense of smell will improve.
- Your clothes, car, and home will smell better.
- You'll stop burning holes in your favorite things.
- You will be a role model to others who are trying to quit.



Worried about weight gain from quitting smoking?

- Smokers weigh about 7 pounds less than non-smokers.
- On average, people who quit smoking gain about 7 pounds. This is often due to replacing cigarettes with high calorie foods.
- Managing your weight and quitting smoking together can help you control the weight gain normally associated with quitting smoking.

Make a choice to live a healthier lifestyle by managing your weight and quitting smoking.

MOVE!

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Smoking Cessation Resources

Smoker's Helpline (800) QUIT-NOW (800-784-8669)

Online Quitting Resources: www.smokefree.gov

American Cancer Society: www.cancer.org

American Lung Association: www.lungusa.org

American Lung Association Hotline: (800) LUNG-USA

Alcohol: The Facts

Did you know...?

1. If you quit drinking, you will lower your risk for many serious diseases (liver disease, heart disease, cancer).
2. Alcohol has lots of calories that can make you gain weight.
3. Many medications, especially psychiatric medications, have extremely harmful side effects when mixed with alcohol.
4. In 2000, the National Institute of Health estimated that alcohol abuse costs the country about \$185 million each year.
5. Alcohol is a factor in 40% of traffic deaths.



Where can I get help?

- Talk to your doctor or therapist
- Check out your local Alcoholics Anonymous meeting.